

# EAP Newsletter APRIL 26

## Food and Mood: Supporting Wellbeing Through Seasonal Change

As we move into the cooler months, it's common to notice changes in energy, mood, and motivation, with seasonal shifts influencing not only how we feel but also the choices we make around food, routine, and activity.

This month, we look at how nutrition can support both physical and mental wellbeing.



## The connection between food and how you feel

What we eat plays an important role in regulating energy levels, concentration, and emotional balance. Consistent, nourishing meals support more stable mood and sustained energy, while highly processed or irregular eating patterns can contribute to fatigue and fluctuations in how we feel.

The gut and brain are closely connected, and supporting digestive health can have a positive impact on mental wellbeing.



# Eating well through autumn

Practical ways to support your wellbeing include:



Choosing whole, nutrient-rich foods that provide steady energy



Including a variety of vegetables, whole grains, and protein sources



Opting for warming meals such as soups, stews, and cooked foods



Limiting highly processed foods that can contribute to energy dips

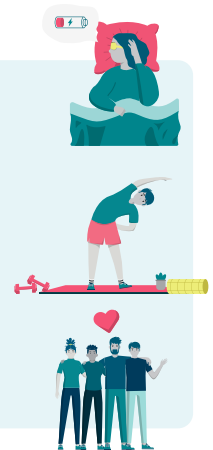
Our choices over time can have a meaningful impact.

## A balanced approach to wellbeing

**Nutrition** is one part of a broader wellbeing picture.

**Sleep, movement, and social connection** all play a role in how we feel day to day.

Taking a balanced approach across these areas can help support resilience through seasonal change.



### Want to learn more about food and mood?

This month's e-learning module offers practical guidance to support your wellbeing. It is **available here** or **scan the QR.**



### Support is available

Looking for some expert guidance on what you're eating? Our Nutritional Support Health Coaching is here to help.

Or if you are experiencing low energy, stress, or changes in wellbeing our counsellors are here to talk.



### Book now

To make an appointment with a counsellor or dietitian, book online at [eapservices.co.nz](https://eapservices.co.nz), by calling 0800 327 669 or by scanning the QR code



[eapservices.co.nz](https://eapservices.co.nz)